

Heights Community Center, Senior Program **November 2016 Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 <u>Bone Builders 10 – 11</u> <u>Sign-up for Ping Pong 10 - 12</u> <u>Walking Group 11</u> <u>VNA Aging Mastery Program 10 – 11:30</u>	3 <u>Mah Jongg 1-4</u> <u>VNA Powerful Tools for Caregivers 2:30 – 4:00</u>	4 <u>Bone Builders 10 – 11</u> <u>Bridge 10 - Noon</u> <u>Walking Group 11</u> <u>Book Discussion 11 – 12:30</u> <u>VNA Blood Pressure Clinic 9:30 – 11:00</u>
7 <u>Bingo for 55+ 10– Noon</u> <u>Cribbage 10- Noon</u> <u>Walking Group 11</u>	8	9 <u>Bone Builders 10 – 11</u> <u>Sign-up for Ping Pong 10 - 12</u> <u>Walking Group 11</u> <u>November Lunch 11:45</u> <u>VNA Senior Health Clinic 9 – 12</u> <u>VNA Aging Mastery Program 10 – 11:30</u>	10 <u>Mah Jongg 1-4</u>	11 <u>Veterans Day</u> <u>Offices Closed</u>
14 <u>Bingo for 55+ 10– Noon</u> <u>Cribbage 10- Noon</u> <u>Walking Group 11</u>	15	16 <u>Bone Builders 10 – 11</u> <u>Sign-up for Ping Pong 10 – 12</u> <u>Adult Coloring 10 – 12:00</u> <u>Walking Group 11</u> <u>VNA Senior Health Clinic 9 – 12</u> <u>VNA Aging Mastery Prgrm 10 – 11:30</u> <u>Sunset Club 11:00 – 1:00</u>	17 <u>Mah Jongg 1-4</u>	18 <u>Bone Builders 10 – 11</u> <u>Bridge 10 – Noon</u> <u>Trivia 11 – 12:15</u> <u>Walking Group 11</u>
21 <u>Bingo for 55+ 10– Noon</u> <u>Cribbage 10- Noon</u> <u>Walking Group 11</u>	22	23 <u>Bone Builders 10-11</u> <u>Sign-up for Ping Pong 10 – 12</u> <u>Walking Group 11</u> <u>VNA Walk-In Wednesday 10 – 12</u> <u>VNA Aging Mastery Program 10 – 11:30</u>	24  <u>Offices Closed</u>	25  <u>Offices Closed</u>
28 <u>Sunset Club Bingo for 55+ 10– Noon</u> <u>Cribbage 10- Noon</u> <u>Walking Group 11</u>	29	30 <u>Bone Builders 10-11</u> <u>Sign-up for Ping Pong 10 – 12</u> <u>Walking Group 11</u> <u>VNA Aging Mastery Program 10 – 11:30</u> <u>Coffee Club/Social Group 11 – 12:30</u>		

Heights Community Center, Senior Program November 2016 Calendar

At a Glance.....

Bingo Every Monday, 10 – Noon

Bridge – Every Friday, 10 – Noon

Coffee Club/Social Group – November 30, 11 – 12:30

Cribbage – Every Monday, 10 – Noon

Sign-up for Ping Pong – Every Wednesday 10 - Noon

Walking Group - Every Monday, Wednesday & Friday, 11:00

Mah Jongg – Every Thursday, 1:00 – 4:00 pm

Mexican Train – Every Tuesday, 1:30 – 3:30 pm

November Lunch - Wednesday, November 9, 11:45

Book Discussion - Friday, November 4, 11:00—12:30

Adult Coloring – Wednesday, November 16, 10 - Noon

Trivia - Friday, November 18, 11:00 – 12:15

Sunset Club Meeting – Wednesday, November 16, 11:00 – 1:00

VNA Blood Pressure Clinic – Friday, November 4, 9:30 – 11:00

VNA Senior Health Clinic- Wednesday, November 9 & 16, 9:00 – Noon

VNA Walk-In Wednesday – November 23, 10:00—Noon

See calendar for specialized VNA programs during
the month of November.

**All seniors age 50+ are welcome to join
any activity. Bingo is for seniors age 55+.**

**Questions? Contact Becky at 230-4982 or
Rbukowski@ConcordNH.gov.**

Adult Coloring –We have pictures and colored pencils!

Bingo – For adults age 55+. \$.10 a card and \$.25 for coverall.

Book Discussion Group—we will be discussing The Dogs of Babel by Carolyn Parkhurst. Books are available for loan.

Bridge – come to the Heights Community Center for a game of bridge.

Coffee Club/Social Group – come and visit with friends and make new friends. Coffee and snacks are provided.

Cribbage – we have the boards, pegs and cards.

November Lunch-free for seniors 60+ with a suggested donation of \$2. Seniors under age 60 the cost is \$6. See flyer for lunch menu. Sign-up is required by November 4th.

Mah Jongg– for experienced players.

Pickle-ball – is available at the Green Street gym during the fall/winter months. Contact Parks and Recreation for a copy of the pickle-ball calendar.

Ping Pong – Available Wednesday from 9:00 – 1:00 and Friday from 9:00 – 11:00.

Sunset Club – An Occupational Therapist from the VNA will be speaking.

Trivia—Questions about history, sports, pop culture, music and movies are the theme. Fun and prizes!

Walking Group-walk in the indoor comfort of the community center. Enter your name into a raffle for a \$25 gift card.

